JUN 22 1984 PE1.2:H75/984

PEACE CORPS

HOME ECONOMICS AND NUTRITION

ORIGINAL

COMPLETED

THE TOUGHEST JOB YOU'LL EVER LOVE

Volunteers tell me they get more than all they give during their years of Peace Corps service, as I hope you will decide to find out for yourself.

Loret Miller Ruppe
Director

Men and women trained in home economics and nutrition are needed as Peace Corps Volunteers in countries around the world. Developing nations in Africa, Asia and Latin America need skilled, ingenious, energetic and adaptable volunteers.

Human energy and the capacity for innovation depend of good nutrition. Although more and more information is available to developing nations, many people who could benefit from it are not being reached because of a shortage of trained personnel, funds and grassroot organizations.

Peace Corps Volunteers with degrees in home economics, nutrition or dietetics—or with practical experience—are needed for:

- Diet planning
- Demonstration of proper food use and storage
- Counseling in mother and child nutrition
- School lunch programs
- Sanitation and health projects
- Vegetable and small animal production
- Commercial handicrafts production

Your knowledge will not translate directly into immediate use in your new surroundings. You must understand both technical and cultural barriers, and then, working with the community, try to find answers to the problems you discover.

Home Economics/Nutrition is only one of the areas for which Peace Corps Volunteers are needed. For information about other assignments, contact the Peace Corps office in your vicinity.

A Problem of Size

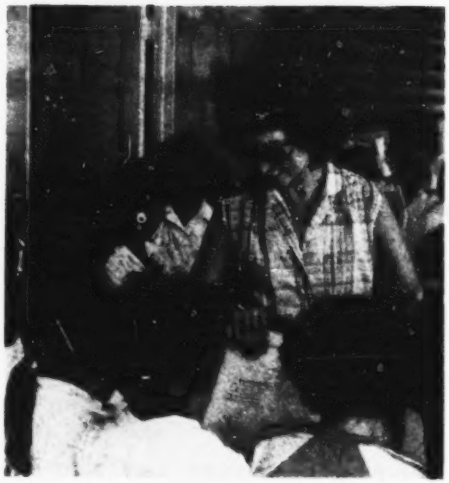
Bruce Hattaway, a nutrition and foods graduate, served as an administrative dietician in a 200-bed hospital in the Kingdom of Tonga. "My job was to make the food service as healthy, efficient and economical as possible. I also tried to teach the hospital workers, patients and their families good nutrition." Tongan men value size as a sign of prosperity and power, so obesity was a problem, which caused diabetes and hypertension. "It was difficult to ask a man who was used to eating several pounds of taro, yams or sweet potatoes daily to eat only eight ounces—and to substitute vegetables he had never eaten before for the bread he loved," Hattaway said. He started a low-calorie diet program, wrote articles for the hospital newsletter and did a radio program twice a month. He lived with other Peace Corps Volunteers and made friends with his Tongan neighbors by visiting with them and trying to learn their language.

Experience at Work

Alberta Lee raised her family and became a licensed practical nurse. As a Peace Corps Volunteer, she was assigned to Mali as a nutrition teacher, where she taught classes and began a garden project to supply a variety of vegetables. "Malnutrition is widespread, because of the drought in the 1970's," she said. On a typical morning she weighed babies in a maternity clinic and counselled mothers. In the afternoon she inspected the village vegetable gardens. Her seniority was an asset in the traditional society around her. "I didn't have problems adjusting to the people, because they were welcoming, kind and generous. They respected me, because of my age, and I had no difficulty winning their confidence."

Game Time

Jodi Otto had a bachelor's degree in psychology and sociology and a master's degree in guidance and counseling. She headed a nutrition program in Honduras where she developed exercise classes for children of all ages. "Malnourished children do not develop as quickly as they should. This program helped us spot the ones who needed more attention," she said. "We did artistic things to music and introduced modern dance. The children strengthened their muscles, improved their coordination, and had fun, too." The children's usual diet of tortillas, rice and beans was supplemented with vegetables grown under her direction. She shared a small house with another volunteer, where their neighbors were nearby and aware of everything they did. "Sometimes I felt as though I was living in a goldfish bowl, but speaking Spanish I understood that their curiosity was friendly."



Peace Corps Facts

Skilled people are needed by the Peace Corps. They must be adaptable, highly motivated and able to function with a minimum of support. People of host countries attach great importance to a volunteer's attitude and personal relations.

Volunteers must have the flexibility to adjust to difficult situations and the openness to learn and adjust to unfamiliar surroundings. It's called coping with culture shock.

As a volunteer, you will live within the community to which you are assigned and become integrated with its activities. You will be making a commitment to devote your skills and experience in service to others and give two years of your life in the belief that one person can make the difference.

Peace Corps . . . the toughest job you'll ever love

Peace Corps Regulations

- You must be a U.S citizen.
- The minimum age for a volunteer is 18 years, but few applicants under 21 have the skills and experience to qualify.
- You must meet medical and legal requirements.
- You will receive training, usually 8 to 16 weeks, to adapt your skills to your project area.
- Medical care and transportation are provided.
- You will receive a subsistence allowance that will permit you to live at the level of your host country co-workers. It starts when you begin training.
- At the end of your service you will receive a readjustment allowance of $175 for every month of training and service.
- Your references and background will be checked to assess your skills, experience and ability to relate to others in new surroundings.
- Only in rare cases does the Peace Corps accept volunteers with dependents.

Peace Corps Offices

Peace Corps has 15 area recruiting offices nationwide. Check the white pages of your telephone directory, under U.S. Government, for the office nearest you, or write:

Peace Corps
Recruitment Office
806 Connecticut Ave., N.W.
Washington, D.C. 20526

You can call Washington, D.C. toll free at (800) 424-8580, ext. 93.

There is no discrimination by the Peace Corps because of race, color, national origin, age, political beliefs, sex or religion. Anyone who feels discriminated against by the Peace Corps may write to the Office of Compliance, Peace Corps, Washington, D.C. 20526.